Quantified PhD

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Quantified Self Conference 2018
September 22nd, 2018
How I did it

Pomodoro method: 25 minutes work, 5 minutes break; take 15 minute break after 4th pomodoro, repeat

Customized Version of Strict Workflow Chrome Extension

How I did it

Customized Version of Strict Workflow Chrome Extension


Beeminder Pomodoros Goal
Pomodoros by Category

Took \textbf{363} pomodoros to write my thesis (4.5 weeks at 40 hrs / week)

Total pomodoros: 4840 from May 2013 to January 2018
Mean Pomodoros for Each Day of the Week

- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday
- Sunday

Day of Week

Mean Pomodoros

[Graph showing mean pomodoros for each day of the week]
Number of Pomodoros Per Week

- Major research deadline
- Stopped Tracking (QS15 talk)
- Concussion
- Integrated Strict Workflow and Beeminder
- Thesis defense
Mean 4-week sliding average
Number of Pomodoros Per Week

- Mean
- +1 SD
- +2 SD
Green: 3+ days safe
Blue: 2 days safe
Orange: 1 days safe
Red: 0 days safe
Qualitative Observations

1. Pomodoros + beeminder = structure + efficiency + accountability
2. Frequent breaks provide opportunities for insight
3. It’s hard for me to write efficiently for more than 4-6 pomodoros / day
4. Certain work lends itself better to pomodoros than others
Quantified PhD:

- 5.5 years
- 4840 pomodoros
- $165 in beeminder derailments
- PhD: priceless
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